



WAYNESBORO
FAMILY
YMCA



Health Fair

WHERE:

Thursday July 22nd 4pm – 8pm Waynesboro YMCA 648 S Wayne Avenue

Free to attend, Everyone Welcome!

Augusta Health:

Heart Health, Cath Lab, Stroke Assessment, Tobacco Cessation,

Chronic Disease Management, BMI and Nutrition

Free Screenings for Blood Pressure and Glucose

YMCA:

Interactive Fitness activities – Free 10 minute mini class samples

Easy home fitness activities

*free ymca pass to all activity participants

Free Fitness Assessment: BMI, Body Fat %